DIABETES PREVENTION PROGRAM

Reach your goals by making **gradual, healthy, reasonable changes** in eating and activity - the kinds of changes you can stick with for a lifetime.

Sessions Start

Tuesday, Jan. 15 • Hoagland Hall, Room 130, Davis Campus • noon - 1 p.m.
Thursday, Jan. 17 • Carlson Health Sciences Library, Room 24, Davis Campus • 5:30 - 6:30 p.m.

Meetings are weekly for the first 3 months, every other week for months 4 - 6 and monthly for the remaining 6 months. Basic qualifications are based on BMI, family history and lifestyle habits.

This group-based program includes 22 sessions during a 1-year period. Goals are to **achieve and maintain a 7% weight loss** with healthy eating and an active lifestyle. This program can reduce the chance of developing Type 2 Diabetes by 58% for those under 60 and 71% for those 60 and older.

SIGN UP surveymonkey.com/r/DPP2019

Questions? wellbeing@ucdavis.edu
(530) 752-6106